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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 31 | 1  Whole wheat wrap with grilled chicken and low fat cheese, bottled water, mixed fruit cup | 2  Grilled chicken strips with low fat honey mustard dip, 100% fruit juice, carrot sticks with low fat ranch dip | 3  Whole wheat pasta salad with light Italian dressing, 2% milk, 1 piece of fresh fruit | 4  Low-fat deli meat turkey on whole wheat bread, bottled water, trail mix and fresh fruit cup | 5  Grilled chicken salad with light Italian dressing, 100% fruit juice, fresh veggies and low fat ranch dip | 6 |
| 7 | 8  Chicken Caesar wrap, 1% milk, Yoplait light yogurt | 9  Whole wheat Spaghetti and turkey meatballs, whole wheat roll, 1% milk | 10  Turkey burgers, side fruit salad, water | 11  Low sodium soups of your choice (tomato, chicken noodle) and tuna sandwich, Side salad with light dressing, water | 12  Grilled chicken sandwich on whole wheat roll, whole wheat pasta salad, low sweetened homemade iced tea | 13 |
| 14 | 15  Salad with light French dressing, water, whole wheat crackers with low fat cream cheese spread | 16  Whole wheat wrap with low fat turkey, 100% fruit juice, small whole wheat soft pretzels | 17  Grilled chicken sandwich on whole wheat bread, water with a splash of cranberry, carrot sticks with low fat ranch dip | 18  Low fat yogurt with granola, 100% fruit juice, small fruit salad | 19  Whole wheat grilled chicken wrap with fresh veggies, 100% fruit juice, small fruit salad | 20 |
| 21 | 22  Ham and cheese hoagie on whole wheat bread with a fruit cup and 100% fruit juice or water | 23  Tuscan-style tuna salad with a fruit cup and 100% fruit juice or water | 24  BBQ Chicken sandwich on a whole wheat bun with celery sticks and light ranch dressing, 100% fruit juice or water | 25  Whole grain grilled tacos with tomato soup and a fruit cup with 100% fruit juice or water | 26  Vegetable pizza with sweet potato fries and a !00% natural fruit smoothie | 27 |